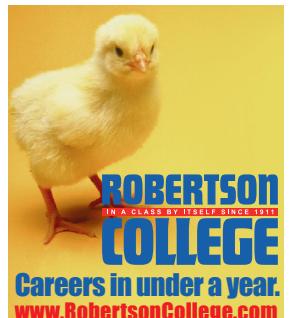


# ISRAEL, HAMAS NEAR HISTORIC DEAL, PG 11

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## Cops to keep watchful eye over Grey Cup festivities

**ENFORCEMENT** While Calgarians are encouraged to celebrate the spirit of the Grey Cup festival, police are reminding citizens they will be held accountable for their actions.

Insp. Blair White of the Calgary Police Service wants to remind citizens participating in residential or commercial locations to be respectful of others and their surroundings.

Police will be taking an integrated approach and working with Bylaw Services, Calgary Transit Protective Services and the Calgary Parking Authority.

Police will also be actively looking for impaired drivers throughout the city and there is a no-tolerance policy.

METRO CALGARY

## News on the Move

### What's this barcode for?

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## Food pg 26



Friendly fare for diabetics

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## Stampeders



Stampeders quarterback Henry Burris carries out the gear cleaned from his locker as the team bids farewell to McMahon Stadium yesterday, after having lost the Western Final to the Saskatchewan Roughriders. More coverage, page 3, 18.

## Locker cleanout

PHOTO BY KIRK STARRICK/METRO CALGARY

**Warrants issued after bombing attempt**

**CRIME** Two men are being sought on warrants for attempted murder in relation to a bomb attack in the city's northeast over the weekend.

At least one of the suspects has been linked to the Aryan Guard in Calgary, and has identified himself as a member of the white supremacist group to media in the past. He is known to police.

While police won't confirm his membership in the group, they say the victims "share the same values and beliefs" and believe it was a targeted attack.

"We're very interested in locating both (suspects) because we believe that there is danger to the victims and possibly to others," Insp. Keith Cain said.

Police confirmed two improvised explosive devices left outside an apartment unit could have killed the intended targets.

Anti-Racist Calgary spokesperson Bonnie Devine spoke out against the bomb attack, as well as the recent rash of anti-Semitic graffiti in the city, and hopes police take a more pro-active approach.

"We believe a lot of these attacks are linked, and we want the police to start seeing it that way, too," Devine said.

Kyle McKee, 24, and a 17-year-old unidentified male are being sought.



KRISTA SYLVESTER/  
METRO CALGARY

# Tax hike kept at 4.8%

Council axes fees at bus rapid-transit lots, OK's graffiti cash

DARREN KRAUSE

[darren.krause@metronews.ca](mailto:darren.krause@metronews.ca)

**\$54** Average annual amount per household with a 4.8 per cent tax increase.

**The pencils came out yesterday, and after the dust settled programs were added and revenues were cut — and the final tax increase remains the same.**

While aldermen managed to maintain a 4.8 per cent tax hike, a last-ditch effort by Ald. Ric McIver, asking administration to come up with a further one per cent reduction prior to the 2010 mill rate bylaw being presented, was approved, though Mayor Dave Bronconnier asked that administration track the expense of work done to come up with

that reduction.

Here are some of yesterday's budget highlights:

**TRANSIT:** Council rescinded park-and-ride fees at bus rapid-transit lots effective immediately. This affects 2,024 of 14,126 parking stalls and does not affect LRT lots.

Aldermen defeated an amendment to add 12 new Calgary Transit peace officers, recommended by a transit safety audit. It would

have added \$1.3 million to the city budget.

Also defeated was a move by aldermen to reduce the LRT park-and-ride fee to \$1 from the current \$3.

**RACE CITY:** Council defeated an amendment that would have allowed \$3.1 million for work done to Race City Speedway that would have paved the way for the city track to continue operation through 2015.

"I don't care how you slice, dice or chop this, it's a subsidy for private business," said a disapproving Ald. Gord Lowe.

**GRAFFITI:** Aldermen settled on an increase in the budget of \$200,000 — cou-

pled with the carry over of \$150,000 for a total of \$350,000. The \$200,000 will be funded by the Fiscal Sustainability Reserve (FSR).

**SNOW REMOVAL:** Aldermen approved a two-year, \$2-million pilot project to contract out snow-removal services on residential streets. The money will be taken from the FSR.

**BUDGET CUTS LOST:** Council voted down a move by Ald. Diane Colley-Urquhart to pare back the Civic Partners budget by 1.7 per cent, excluding the Calgary Public Library.

McIver also lost his bid to reduce the Corporate Services budget by \$2.8 million.



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# Local

**News in brief**

**CORRECTION** In Friday's paper, Metro incorrectly stated a Calgary Transit adult monthly pass was increasing to \$54.25 when in fact it's increasing to \$85.25 from \$83. The rate quoted was the youth fare, which is not increasing. Metro regrets the error.

METRO CALGARY

**Calgary tweets**

- @xiansmith #ycy #h1n1 no lineup today at the University of Calgary H1N1 clinic, in and out in 10 minutes
- @SaskRoughrider Wall said he looks forward to seeing the Rider Nation take over Calgary this week and it's going to make a huge difference this Sunday.
- @K8T85 @ValaBlack This weather is so rare for Calgary ... I'm waiting for the other shoe to drop. Just waiting for it, the snow will get us eventually
- @williamgraceii So the Calgary fans are copying Dallas fans during the Anthem. They yell "C" during "see" & "RED" during "red" glare. C'mon get original!

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## Tix for Mayer's tour on sale Saturday

Tickets go on sale this Saturday for John Mayer's Battle Studies tour stop at the Pengrowth Saddledome, with special guests Micheal Franti and Spearhead. Battle Studies is the fourth studio album for the seven-time Grammy Award winner. Tickets for the April 3, 2010 show can be purchased through Ticketmaster at 403-777-0000 or at ticketmaster.ca METRO CALGARY

## Stamps loss could be city's gain

Consolation prize of playing host could be worth up to \$50M

KRISTA SYLVESTER  
krista.sylvester@metronews.ca

**While Stampeders fans would rather see the home team at kickoff on Sunday's Grey Cup game, the city is set to rake in up to \$50 million by hosting two away teams during the event.**

President and CEO of Calgary Economic Development Bruce Graham said while he would have loved to see the Stamps take the game at home, the consolation prize is welcoming approximately 25,000 Canadians to the city.

"Riders' fans will be coming out in droves and in full spirit will spend money, stay in our hotels, and eat at our restaurants. That's the upside to having two visiting teams," Graham said.

Tourism Calgary VP Marco De Iaco estimates the city will rake in \$50 million during the three-and-a-half to four-day event.

"This event is more than just a football game. There



Though a Stampeders loss in Sunday's Western Final may have left a bad taste in the mouths of city sports fans, the economic impact of having two visiting teams battling in this year's Grey Cup has sweetened the pot for city businesses.

are people that will come from all over the country for the festival, some who might not even watch the football game," he said.

"This is about pride and tradition in our country and Calgary will prove to be a great host."

**Priceless**

- \$1,000: The reported cost for one Grey Cup ticket on sites like eBay, Kijiji and Craigslist.

Marion Hayes owns Pazzer's Pub, notorious for

being a Saskatchewan Roughriders fan hangout, and she believes the green is good for the city.

"It's exciting and I think it will be good for the city as a whole. Those Rider fans really know how to party," she said.

## Group occupies MP's office in plea for climate action



Protesters occupied the office of Environment Minister Jim Prentice yesterday. Seven people were eventually arrested, according to the group.

government to take a stand and we are here to urge them to act," Wilson said.

"We plan to stay here as long as it takes."

Wilson said the group

was persuaded to take action after a recent Canadian poll showed 75 per cent of Canadians are concerned by the lack of action.

Office staff carried on with work but offered coffee to the group, who declined.

Director for regional affairs for the government office Scott Wenger said the group's concerns were passed along to Prentice, who was not in Calgary at the time.

The group plans a series of similar actions on upcoming dates.

KRISTA SYLVESTER/METRO CALGARY

**Your Money** Allan Small on year-end investment housekeeping and the 'Santa Claus rally' at metronews.ca/investing  
**Play** free online Sudoku, updated daily



CalgaryObits.com notes the following deaths in our community:

- ASTALOS**, Mary (nee Vidra)  
**BOOTHBY**, Dorothy Mae (nee Ellett)  
**BUSS**, Lillian Jane (nee Montgomery)  
**DICK**, Robert Don  
**DICKIE**, Kathleen (Kay)  
**DONNA**, Lily, Grogan  
**DUNN**, James H. (J.D.)  
**EINARSON**, Jeffrey Keith  
**FUCHS** (nee Pettet), Doreen Grace  
**GILBERTSON**, Carol Velaine  
**GILROY**, Gordon Charles  
**GUNN**, Dr. Ian Martin  
**GUTHRIE**, David Alexander  
**GWYNN**, Melissa Joy  
**HART**, James (Jim)  
**HEGSETH**, Ingeborg (nee Moslet)  
**HENUSSET**, Jackson Henry  
**KUNELIUS**, Pearl  
**LABRADOR**, Belen  
**LIPPA**, Wilhelmina (Minnie)  
**MARINARO**, Giuseppe (Joe)  
**MCNEILL**, Helen Margaret  
**MENZIES**, Arthur Whyte  
**MINGO**, Kelly Lynn  
**MINIAJLO**, Helen Annie (nee Boreskie)  
**NELSON**, Irene Mary  
**PARMAR**, Harsukh Popatal  
**RICE**, Lillian Rose  
**SANDERSON**, Joyce (nee Hodgson)  
**SCHWARZ**, Willi Albert  
**WILSON**, Donald (Willie)  
**WILSON**, Hilda May  
**WONG**, Moon Wai (Jim)  
**ZEDDELL**, Mary (nee Hall)

For full obituaries go to [CalgaryObits.com](http://CalgaryObits.com)

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World Series champion and former all-star pitcher Bert Blyleven will be the headliner for the University of Calgary's main fundraising dinner for the Dinos baseball and softball teams, which takes place Feb. 2 at the Red and White Club. METRO CALGARY

# Students driving for success

**University of Calgary engineering students are hoping the latest redesign of a solar race car earns them a top spot at a prestigious event in the United States next year.**

They're aiming to compete in the 2010 American Solar Challenge, which pits solar race car drivers against each other in a

long-distance trek from Tulsa, Okla., to Chicago.

There have been two other solar-powered race cars developed by students at the U of C.

The redesigned chassis is lighter because it's made out of a carbon fibre composite and will be half the weight of its metal predecessors. It's also faster and

more energy-efficient.

Jeff Wickenheiser, one of the project managers, says another huge improvement is the driver's seat.

Instead of having to sit on the frame of the vehicle, the driver will actually be able to sit in a seat inside the car.

"We've come up with a more efficient design

that's a real testament to the potential of solar technology. We've also made this car more 'user-friendly' by adding a seat and making the driver's quarters more spacious. We're gradually moving towards a solar car that is more practical," said Wickenheiser.

THE CANADIAN PRESS

WITH FILES FROM METRO CALGARY



Team members from the University of Calgary's solar car team unveil their new solar race car in Calgary yesterday, which will compete in the 2010 American Solar Challenge.

JEFF MONTOSH/THE CANADIAN PRESS

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## Short waits and lineups greet H1N1 vaccination patients

KRISTA SYLVESTER

krista.sylvester@metronews.ca

**SWINE FLU** Waits less than 30 minutes greeted Calgarians at H1N1 vaccinations clinics across the city yesterday as the first day of general immunizations ran smoothly.

Alberta Health Services spokesperson Bruce Conaway confirmed immunizations across the province were efficient and noted the province can vaccinate up to 50,000 people a day in the coming weeks.

"We're absolutely pleased with the way things worked and we have the vaccine supply to support it now. There are enough vaccinations for all

who want to be vaccinated," he said, adding the province has half a million doses.

Steve Hunter was happy with how quickly he got his vaccination at the Whitehorn location.

"Honestly, I think the paper work was the most time consuming. I was in and out right away and I didn't have to wait in line," he said as he left.

Nancy Smith was also pleased she didn't need to read the book she brought to kill time — she was in and out within 15 minutes.

"I even saw some nurses who didn't have anyone at their stations. It was much quicker," Smith added of the waits.

### News in brief

**COURT** The request for a 30-day psychiatric assessment for Patrick Clayton was granted by a provincial court judge in Edmonton, after his lawyer said Clayton's mind was significantly disturbed at the time he is alleged to have entered the Alberta Workers' Compensation Board and taken hostages. Police negotiated for 10 hours, and Clayton surrendered with no harm coming to the hostages. Clayton will appear in court again Dec. 18. He faces unlawful confinement and weapons-related charges.

**STABBINGS** Two men were taken to hospital, where they

are in stable condition, after what police describe as an altercation between two groups of males in the 1900 block of 37 St SW. Police were called around 11 p.m. Sunday after receiving a call from a resident in the area, who stated one of the victims came to his door saying he had been stabbed.

**LANDING** A Cessna 310 had to make an emergency landing at the Springbank Airport yesterday afternoon after the landing gear failed to engage causing a belly landing. The plane ended up on its nose and the pilot was uninjured, according to reports.

THE CANADIAN PRESS

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Some residents of southern New Brunswick were shaken by an earthquake Sunday evening. Police and emergency officials received many calls about a loud bang at 7 p.m. that shook homes and rattled windows. The province later said it detected an earthquake measuring 2.2 on the Richter scale. **THE CANADIAN PRESS**

# Canada



## Whistleblower had right to speak: MP

Foreign Affairs Minister Lawrence Cannon, left, says diplomat Richard Colvin had a right to make his explosive allegations about Afghan prisoners. He says Colvin exercised his prerogative as a whistleblower by saying Ottawa ignored his warnings that Canadian soldiers were turning Afghan detainees over to torture. At the same time, Cannon stuck to the Conservative government line that the allegations have not been proven.

**THE CANADIAN PRESS**

# Reports not quashed: Adviser

Honest observations on torture claims encouraged, Mulroney says

**The federal government's senior adviser on Afghanistan says he encouraged diplomatic officials to report their insights and observations "freely and honestly," as long as they were accurate and objective.**

David Mulroney has written to the chairman of a Commons committee investigating allegations of prisoner abuse in Afghanistan to allow him to answer claims that officials tried to quash reports on the issue.

Mulroney's letter comes amid a political firestorm created by former diplomat Richard Colvin, who last week alleged that all Canadian-captured prisoners were abused early in the Afghan mission.

Colvin said he was told by his superiors to stop filing written reports on the matter.

The Conservative government has described Colvin's allegations as hearsay, unsubstantiated and "simply not credible."

"During the hearing,

some very serious allegations were made," Mulroney wrote from Beijing, where he is currently serving as ambassador to China.

"Some touched directly upon my work, that of my colleagues and of the government of Canada. I would welcome the opportunity to address these allegations and set the record straight."

Mulroney says in his letter to Conservative MP Rick Casson, chairman of the special committee on

the Afghan mission, that Canada is at the forefront of detainee monitoring and always recognized that "the human rights situation in Afghanistan was cause for concern."

Mulroney backs the work of Canadian civilian and military officials "to put in place a very robust system to assist Afghanistan in meeting its ... commitments for the humane treatment of detainees."

"I can also assure the committee that I encour-

aged officials to report freely and honestly, while expecting them to meet the highest standards of accuracy, objectivity and professionalism," he said.

**THE CANADIAN PRESS**

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A U.S. plan to work with anti-Taliban militias echoes the ideas of a Canadian general.  
Scan this code for the full story.

## Easier adoptions sought

**CHILDREN** Changes are needed to ensure more kids in the care of child welfare agencies find permanent homes and don't "age out" of the system before being adopted, says an editorial published yesterday in the Canadian Medical Association Journal.

Between 30,000 and 40,000 children are legally available for adoption in Canada, but only about 2,300 are adopted in a given year, statistics indicate.

It's easier for prospective parents to adopt a child internationally than across provincial boundaries, noted Dr. Noni MacDonald, one of the authors of the editorial.

"We need to look at what the child deserves," MacDonald said.

**THE CANADIAN PRESS**

## Toddler's death ruled an accident

**AIRPORT** A toddler who died after falling some 15 metres over a railing at Pearson International Airport wiggled out of his mother's arms as she turned her attention to her other child, police said yesterday.

Foul play is not suspected in the 15-month-old boy's death and the tragic fall Sunday has been ruled an accident, Peel police Const. J.P. Valade said.

"We've been able to determine the child was in his mother's arms. There was a four-year-old sibling that was nearby," said Valade.

"When the mother turned to pay some attention to the four-year-old, the 15-month-old was able to sort of wiggle out of her arms and she lost her grip on the child and he fell over the balcony."

The Burlington, Ont., family, including the woman, her two children, her husband and a grandparent, were preparing to embark on a vacation to Argentina when the boy fell from the upper departures level in Terminal 1 to the lower level arrivals area.

**THE CANADIAN PRESS**

## Vancouver Outdoor skating rink unveiled



Canadian Olympic bronze medallist figure skater Jeffrey Buttle, left, of Smooth Rock Falls, Ont., puts on a pair of Olympic mittens he was presented with by British Columbia Premier Gordon Campbell, right, during a ceremony prior to the opening of a covered outdoor skating rink at Robson Square in Vancouver, yesterday.

## Tories' election hearing beings

**FUNDING** The lawyer representing two federal Conservative agents had a rough morning as Federal Court began hearing a Tory case against Elections Canada related to 2006 advertising expenses.

Judge Luc Martineau asked a series of questions that had lawyer Michel Decary combing through his boxes of documents for answers. Martineau said the key question was who provided the services to the Tory candidates in question — and all his enquiries seemed to lead back to the Conservative party itself.

**THE CANADIAN PRESS**



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# Facebook private for those not on it

**MONTREAL** The case of a Quebec woman who says she lost her long-term disability benefits because of photos that appeared on Facebook should serve as a reminder that nothing on the Internet is truly private.

And tech analyst Carmi Levy says it's a perfect opportunity for people to take stock of their social networking platform profiles and just what about their life is on the net.

Quebecer Nathalie Blanchard, 29, said her long-term disability cheques were terminated after Chippendales and beach photos of her on the social website came to the insurance company's attention.

Another Facebook-related blunder left the Liberals

scrambling last weekend when a post on the site of Janine Krieber, the wife of former leader Stéphane Dion, had comments critical of Michael Ignatieff.

The best way to truly remain private?

"Stay off-line completely," Levy said. "I always laugh when people trot out the words private and social media in the same sentence — nothing that you put online is private."

Meanwhile, Blanchard said she harbours no ill will toward Facebook.

Her lawyer, Tom Lavin, said a civil suit was filed in Quebec Superior Court Friday. Lavin is seeking \$275,000 for his client. The case returns to court Dec. 8.

THE CANADIAN PRESS

## News in brief

### EMERGENCY PREPARDNESS

A B.C. New Democrat MLA is getting some first-hand experience of the province's emergency preparedness, after his Vancouver Island home was flooded on the

weekend. Bill Routley says his home sustained between \$5,000 and \$10,000 water damage. Flooding forced the evacuation of 300 homes.

THE CANADIAN PRESS

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A soldier who shot his close friend Cpl. Kevin Megeney dead in Afghanistan in March 2007 has applied to be released from prison pending his appeal before the Court Martial Appeal Court of Canada. Matthew Wilcox was sentenced to four years in jail. THE CANADIAN PRESS

**Ex-soldier applies for prison release**

## Ottawa Lacrosse warmup



Prime Minister Stephen Harper was presented with a jersey from the 2010 Canadian Men's Field Lacrosse team yesterday.

# Family kept Bahari alive

**A Canadian-Iranian journalist who spent nearly four months in Tehran's infamous Evin prison says he was so desperate after being tortured that he considered committing suicide by slitting his wrists.**

Maziar Bahari, a Newsweek correspondent, was arrested on June 21 after covering the crackdown on protesters and reformist politicians following the country's disputed presidential elections.

He told CNN on Sunday he knew he was being taken to Evin prison and thought of all the people he had interviewed who were tortured in the jail. It is also the prison where Canadian-

Iranian photojournalist Zahra Kazemi was beaten to death in 2003.

He said his interrogators were "masters of psychological torture" and accused him of being a spy. "My interrogator told me I was going to be executed every day."

Bahari said he contemplated suicide twice, thinking he would use the lenses of his glasses to cut his wrist, and wondering "how long it would take to bleed to death." But then, he said, he thought of his family, his pregnant wife and decided that he would not be his own executioner.

He credited a massive international campaign for his release last month.

THE CANADIAN PRESS

## Four acquitted in Boxing Day shooting of Jane Creba

**CRIME** Four men have been acquitted in the Boxing Day 2005 shooting death of 15-year-old Jane Creba in downtown Toronto.

The prosecutor told court yesterday that fol-

owing a pretrial ruling it was determined there was no reasonable prospect for a conviction against the four, who were facing manslaughter charges.

No evidence was called

against Andre Thompson, Shaun Thompson, Vincent Davis and Andrew Smith, and the judge was left with no option, but to acquit them.

However, three other ac-

cused – the alleged shooters in the case – still face charges of second-degree murder. Creba was caught in the crossfire of a shooting between rival gangs.

THE CANADIAN PRESS

## Location, Location, Location?

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Relatives of four sealers killed when their boat capsized during a coast guard towing operation have filed a \$2.7 million lawsuit. They are joined in their lawsuit by two survivors of the accident, and they're suing the Canadian Coast Guard and federal government. THE CANADIAN PRESS

# Attacks on Afghan schools continue: Report

**Attacks on Afghan schools — particularly girls' schools — are continuing unabated and are part of "a general spread of insecurity across the country," says a new report released yesterday.**

In its report Knowledge on Fire: Attacks on Education

in Afghanistan, CARE International says most of the 1,000 Afghans it interviewed report that their general security situation is deteriorating.

"Causes of insecurity vary across the provinces, but can largely be attributed to the armed opposi-

**"Grenades have been thrown in school windows and rockets fired at schools ... and children have been killed on their way home from school."** CARE report

tion and criminal activity," says the 94-page report.

There were 670 attacks

port, and 670 schools were closed at the start of this year.

There were 1,153 incidents between January 2006 and last December, or 33 a month. "Grenades have been thrown in school windows and rockets fired at schools," says

the report. "Tents used for classes have been burnt down and children have been killed on their way home from school."

Girls are taking the brunt of it: The report says 40 per cent of attacks were on girls-only schools.

THE CANADIAN PRESS

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**Firebombs continue to rain down on Montreal cafés**

**ARSON** Two more Italian cafes have been firebombed in Montreal, bringing the number of attacks in recent weeks to seven.

Police say a Mafia turf war, an offensive by street gangs, or copycat arsonists could be behind the firebombings.

Police have few clues — because the establishment owners aren't talking.

The two latest targets were attacked in the pre-dawn hours yesterday.

Neither cafe suffered significant damage, and nobody has been injured in any of the firebombings.

One of the targeted coffee shops — Cafe Nouba — opened roughly a month ago and has already been hit twice.

"The cafe's window was shattered," said Montreal police spokesman Andre Leclerc.

"An incendiary device was thrown through the window. The fire was quickly extinguished by firefighters. Damage was limited."

THE CANADIAN PRESS

**Court should acquit mom of infanticide: Crown**

**COURT** An Ontario woman convicted of killing her four-month-old son after a now-disgraced pathologist concluded the child's death was suspicious should be acquitted of infanticide, both the Crown and defence say in new court filings.

Sherry Sherret-Robinson was found guilty in 1999 of killing her infant son Joshua due in part to evidence from Dr. Charles Smith, whose opinion at the time carried much weight.

Since then his findings in dozens of cases have been called into question or discredited.

THE CANADIAN PRESS

**Public was not in danger: Nuclear plant official**

Officials are trying to determine how workers cutting a pipe stirred up radioactive dust at the Three Mile Island nuclear power plant in Pennsylvania. Plant spokesman Ralph DeSantis said yesterday the public was not endangered Saturday, when a dozen workers were exposed to radiation. **THE ASSOCIATED PRESS**

# World



## Medvedev won't restore elections

Russian news agencies are quoting President Dmitry Medvedev as saying he won't restore gubernatorial elections. Medvedev's predecessor, Vladimir Putin, scrapped elections of Russian provincial leaders in what critics called a major retreat from democracy, leaving their appointment largely up to the president. Medvedev has stressed the importance of democracy but has done little to open up the electoral system.

**THE ASSOCIATED PRESS**

### Reporters among dead in ambush

**PHILIPPINES** Dozens of gunmen hijacked a convoy carrying journalists, and family and supporters of a candidate for provincial governor, killing at least 21 of the travellers yesterday in the southern Philippines' worst political violence in years. There was no claim of responsibility for the bloodshed in the predominantly Muslim region wracked by political tensions. It was unclear if anyone survived the attack. Army and police search was under way for the other hostages. **THE ASSOCIATED PRESS**

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## Prisoner swap close: Source

Israel, Hamas reportedly nearing deal for soldier, Palestinian prisoners

**Israel and Hamas are close to a deal to swap 1,000 Palestinian prisoners for an Israeli soldier held for more than three years by the Islamic militant group, a Palestinian familiar with the talks said yesterday.**

Israeli President Shimon Peres, who met with Egypt's president in Cairo Sunday, confirmed progress in the negotiations to free captured soldier Sgt. Gilad Schalit, but Israeli officials refused to comment further. Hamas' deputy political leader, Moussa Abu Marzouk, also said "there is

progress" in the talks.

The Palestinian close to the talks said Palestinian prisoners would be released in two stages. The initial batch is expected to include many serving lengthy sentences for deadly attacks on Israelis. Among them would be Marwan Barghouti, a popular leader of Hamas rival Fatah, who is serving multiple life sentences for involvement in deadly attacks. Barghouti is seen as a top contender for the next Palestinian president.

While negotiations have been dragging on for years,



Israeli soldier Gilad Schalit is seen in a video image provided by Hamas. Delegates travelled to Cairo yesterday to debate a final prisoner list presented by Israel for an exchange that would see Schalit freed after more than three years in captivity.

conditions appear to be ripening for a deal. Though no official statements have been made, it appears that Israeli Prime Minister Benjamin Netanyahu is prepared to release more hardcore Palestinian militants than his predecessor, Ehud

Olmert, fulfilling a key Hamas demand.

Hamas also has shown flexibility on some important issues, particularly Israel's insistence that some prisoners be deported after their release.

**THE ASSOCIATED PRESS**

Too many were in mine: Official

**CHINA** The coal mine that exploded in northern China, killing 104, had too many workers underground in an effort to increase output, a government official said yesterday, exposing the risks often taken to meet the country's insatiable energy demands. The weekend gas explosion — China's worst mining accident in two years — was a blow to the government's recent efforts to improve safety standards in the industry, the deadliest in the world. Grieving relatives, who waited at the gate of the Xinjing mining office yesterday, were shocked that such a blast could occur at one of China's state-run mines, which the government has promoted as being safer than smaller, privately run concerns.

**THE ASSOCIATED PRESS**

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**If a tree falls in the forest ...**

Nearly 70 Haitians were arrested in the Dominican Republic on allegations they stole plants at a national park. **THE ASSOCIATED PRESS**

# Battle cry for troops

**Bombings and shootings killed 12 people across Afghanistan, including four American troops and three children, as U.S. President Barack Obama convened his war council again yesterday to fine-tune a strategy to respond to the intransigent violence.**

Obama is considering sending tens of thousands more troops to fight an increasingly virulent insurgency, and pressure has been mounting for a decision. NATO is also calling on allied nations to add to their military presence.

The violence has continued unabated since the 2001 U.S.-led invasion.

Three U.S. troops were killed in southern



U.S. army Sgt. James Murphy greets a child yesterday while on patrol near Baraki Barak, in Logar province, Afghanistan. **DARIO LOPEZ-MILLS/THE ASSOCIATED PRESS**

Afghanistan Sunday — two in a bombing and a third in a separate firefight — while another was killed in the east of the country in a bombing yesterday, NATO said.

To the north, insurgents attacked German soldiers and Afghan National Police with grenades and gunfire

as the troops drove through an area northwest of Kunduz city, wounding two Afghan policemen. A suicide bombing in the same province targeted a police convoy, but instead killed five civilians, including three children, the Interior Ministry said.

**THE ASSOCIATED PRESS**

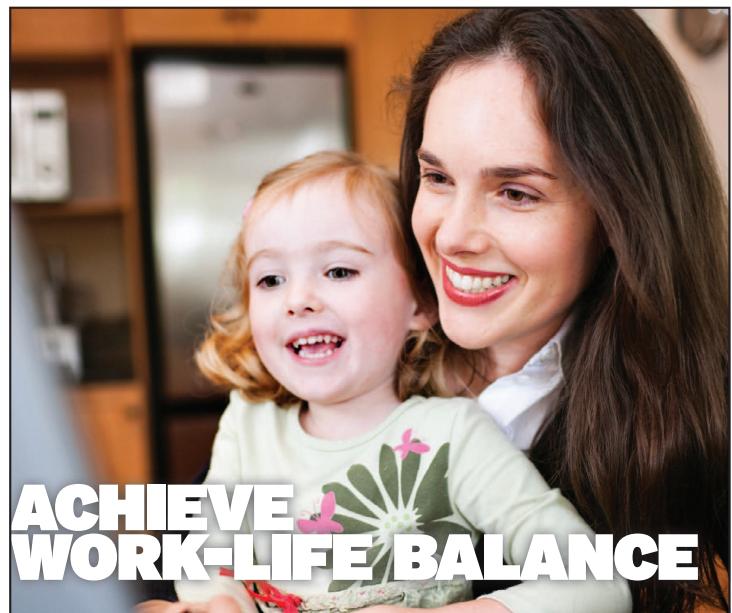
## U.S. aims to wrestle poppy crop out of Taliban hands

**KABUL** The U.S. yesterday agreed to hand out millions of dollars in development aid to provinces in Afghanistan that have eliminated or reduced the production of opium poppies, the raw ingredient in making heroin.

The poppy crop, which produces 90 per cent of the world's supply of opium, is linked to corruption, addiction and a drug trade that bankrolls the Taliban insurgency. Curbing the cultivation of poppies is the goal of a U.S. program that since

2007 has doled out \$80 million, nearly half of which the U.S. announced it is giving to 27 of 34 Afghan provinces. They either reduced cultivation by more than 10 per cent or became poppy-free this year.

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

### Track record tells story

Tories have long history of trying to shield the truth

#### National Report

**Lawrence Martin**

**W**hen in doubt, check the track record. If that is done on the question of diplomat Richard Colvin's testimony on the Afghan detainees, the Harper government's side of the story doesn't make it to the dance floor.

The Conservatives have a long history of trying to shield embarrassing truths from the public and of smearing anyone who challenges them. It's one of the reasons critics were quick to pounce on Defence Minister Peter MacKay's attempt to undermine Colvin last week.

In the same week, the Tories were distributing flyers to various ridings trying to paint the Liberals as anti-Jewish. The charge is ludicrous. Michael Ignatieff, one of the most right-wing leaders on foreign policy the Liberals have ever had, is decidedly pro-Israel. But that's the way the Tories operate.

We recall how they went after Linda Keen, the former president of the Canadian Nuclear Safety Commission, and how they slandered Human Rights Commissioner Louise Arbour, calling her a "national disgrace." They smeared NDP members as being pro-Taliban. As for their record of secrecy and concealment, they may well exceed any

Canadian government before them. They've muzzled their own ministers, shut down a giant government information registry, and made a mockery of access to information regulations.

No one should be surprised, therefore, if in fact they tried to cover up the Afghan prisoner abuse and are now forced into trying to discredit the whistleblower.

The Conservatives keep using smear tactics for a good reason. They work. Take the personal attack ads they launched against Liberal leaders Stéphane Dion and Ignatieff. Those leaders, who came out of the soft ivory tower of academia, had no response.

Dion didn't have the money to run counterattack

ads. The party was broke. Iggy's team had the money. But what did he do? After being belted by Conservative commercials labelling him a just-visiting, power-hungry, carpetbagger, he turned the other cheek.

The Grits, hovering at historic low levels of 23 per cent in the polls, desperately need a new strategy. They've got to throw out the kid gloves and start responding to the Tories in kind. Ignatieff hasn't wished to be front and centre on the Afghan allegations because of his past controversial remarks on the use of torture.

But the torture allegations are only one element of this story. There's a bigger one. It's the alleged coverup. Iggy should smear the Conservatives with that. Unlike most Tory charges, it might even be true.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Richard Colvin

**NONSENSE, CANADIANS WOULDN'T KNOWINGLY ALLOW A PERSON TO BE TORTURED.**



## Letters

### After all these years, we haven't really changed much

*Re: Freedom is key to all human rights (Nov. 11)*

I am in Grade 6 and my teacher recently gave us an assignment in which we had to read an article from any newspaper or news website and write about the article that we chose.

I decided to choose Paul Sullivan's article on "Freedom is key to all human rights." The reason why I chose this is because I found that the article

helped me learn about freedom — after all these years we haven't really changed that much. We are still being forced to do things against our will, which made me wonder, "Will we ever really and truly be free?" From my opinion I don't think so.

I think that someone other than Paul Sullivan should write the complete opposite of what he wrote. This will be a good idea because it will give us readers an argument to think about.

MAHIYA H., CALGARY

## Worth mentioning

### Ski helmet issue put to public

Safe Kids Canada ([www.safekidscanada.ca](http://www.safekidscanada.ca)) is asking the public for its virtual votes in favour of the use of helmets on the slopes.

An online petition launched on the group's website late last week is aimed at showing support for the "Vancouver Charter on Skiing Safety," which encourages people to wear helmets when they ski and snowboard.

The charter is based on

a similar declaration made in Italy ahead of the 2006 Winter Games.

The group says international data show head injuries make up between three and 15 per cent of injuries to skiers and snowboarders, but account for 87 per cent of deaths.

Among children, Safe Kids says brain injuries account for 67 per cent of deaths.

THE CANADIAN PRESS

## Views

### InBusiness

**Charles Davies**
[metronews.ca/inbusiness](http://metronews.ca/inbusiness)

Baffled by the gyrations of the stock market? Confused by contradictory economic statistics? Weary of economic pundits who keep on forecasting even though they've blown it nearly all the time?

Friends, you don't have to wait on tenterhooks for the next instantly obsolete report from Statistics Canada, or hold your breath for the Bank of Canada's next pronouncement. You can start pre-

dicting the economy's future by using some simple observational skills based on the five key indicators in the Common Sense Index or CSI. The key components of the CSI go like this:

**Bag factor:** Sure, there are plenty of people walking around in shopping malls. But how many of the folks are actually shopping? That's why it's so important to count shopping bags. More bags equal more retail sales.

**Lot loads:** If you have some spare time, drive through the industrial areas of your town or city and pay attention to factory parking lots. The fuller the lots, the more people are likely to be employed inside. If the lots are pretty

empty, you know we're not out of the woods yet.

**Merchant anecdotes:** When you shop, whatever it's for, ask retailers about their business and whether they're seeing positive changes since earlier this year. Sometimes the results are surprising. I recently had to buy a new refrigerator and I assumed big ticket appliances would be slow movers in a period when people are parsing out their cash. Not so, the retailer told me. People are staying home more and they need things like stoves and fridges, so business has been brisk.

**Bums on seats:** If you go to movies, theatres, clubs, whatever, are there full houses or something less? What sort of traffic is evi-

dent in restaurants and fast food outlets, not just at lunch when there always seems to be activity, but through the rest of the day and night? Make sure, however, to ignore indicators like the perpetually lengthy drive-through lines at Tim Hortons, which are impervious to economic trends.

**Hell on wheels:** Huge trucks may make driving on major highways a nightmare, but the more there are, the more the economy is cranking over. Take a deep breath and be thankful that they're cutting you off or threatening to crush you.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

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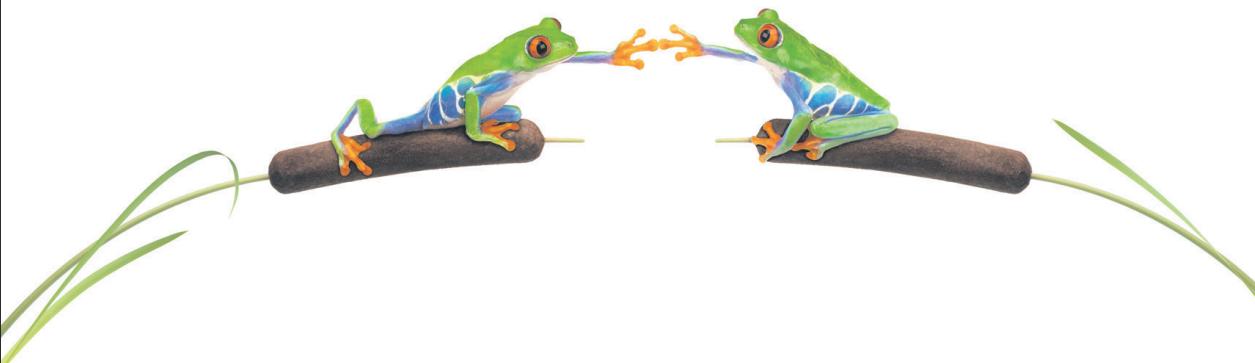
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After withstanding recessionary headwinds for most of the past year, Canadian businesses are now succumbing to the same economic malaise that has already sent tens of thousands of individual Canadians to the bankruptcy office. **THE CANADIAN PRESS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Business in brief

**MORTGAGES** Interest rates aren't going up any time soon, but when they do the rise will be rapid, mortgage industry experts say. Because of this, mortgage lenders and brokers have a responsibility to help home buyers assess their capacity to make higher monthly payments, and to constantly evaluate their chances for default.

**CARBON OFFSETS** The Greening Canada Fund for purchasing carbon offset credits from projects across Canada has received \$13 million in investments from two major banks. BMO Financial Group is making an initial investment of \$10 million and TD Bank Financial Group is investing \$3 mil-

lion in the fund, which is being managed by Green Power Action Inc. Securities of the fund will be offered to selected investors only. The fund will provide a way for organizations to recoup up to 20 per cent of the capital cost of so-called green projects

THE CANADIAN PRESS

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## Retail sales up: StatsCan

But notable increase still lower than 2008 numbers



STEVE URSU/TORONTO STAR NEWS SERVICE

Canadian consumers surprised economists with how much spending they did in September but retail sales remained weaker than a year ago and gave little comfort to many retailers who fear the coming holiday season will be slow.

Statistics Canada said yesterday that retail sales rose to \$34.9 billion in September, up by one per cent from August, on widespread increases across six of eight sectors.

While that was a notable increase and higher than consensus economic forecasts, the sales numbers were also 3.3 per cent lower than the same period last year.

"It's an improvement from the fairly hefty decline you saw in the last year, but it's still, at least on a year-over-year basis, indicating that conditions remain weak," said Paul Ferley, assistant chief economist at Royal Bank.

"When you start looking at the month-over-month

Canadian shoppers at malls such as Toronto's Eaton Centre ramped up spending in September, which boosted retail sales by one per cent to \$34.9 billion, beating economist expectations.

(results) it's showing more positive gains over the last two months."

Retail sales have been rising since the beginning of 2009, following a sharp decline at the end of 2008 as

Canada was dragged down by a global recession that began to tighten its grip in last year's fourth quarter.

The gradual recovery has left some retailers, particularly in apparel, jittery for

the crucial October-December quarter. Some have complained that sales have been slow, and they've had to slash their prices to encourage consumers.

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Trim holiday spending

Alison On Money



metronews.ca/alisononmoney

The thrill of thrift still has Canadians in thrall. Despite cheery "It's over!" proclamations about the recession, consumers from coast to coast appear determined to keep their holiday spending in check.

In fact, 44 per cent of Canadians have vowed to trim their holiday buying, which amounted to \$571 per adult last year. But we all know what happens to resolutions made months before Bing Crosby's White Christmas is piped into every mall.

The solution is to arm yourself against your worst holiday spending enemy — you! Before heading out to

brave the crowds put together a quick mini-budget.

Visa Canada's revamped financial literacy website, practicalmoneyskills.ca, has a handy holiday calculator that jogs your memory about all the things you spend money on during the season but are likely to forget in the busy days ahead.

Few actually put a dollar figure to non-gift items or include them in a holiday budget. Every year I am shocked by how much festive candles, Christmas crackers, lights and special food items cost.

My daughter decided to get a professional family photo this year. Once she included an outfit for her son, a new blouse for herself and haircuts all round she spent as much getting ready for the pictures as the actual pictures themselves.

The Practical Money Skills calculator includes expenses such as cards, postage, baking supplies and charitable donations. Even holiday travel adds to your spending. On average, Canadians increase their driving and use of public transit by 30 per cent during the holiday season.

When it comes to

**Alison's  
Money  
Rule:**

- The trick to not spending more than you can afford this holiday season is being aware of all the places your money goes before you hit the stores.

gifts, many people do make a mental budget and plan to stay under a certain sum per person. But they forget sundries like a tip for the paper delivery person, coins dropped into the Salvation Army kettle and a bottle of wine to a colleague.

Spend half an hour with the holiday calculator and you're far less likely to over-spend this season.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



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## Stop-loss rules may deny claims for tax purposes

Money Matters



metronews.ca/moneymatters

**Q** I would like to contribute to my Registered Retirement Savings Plan (RRSP). I have shares that are not registered. Can I transfer the shares to my RRSP? The shares have lost their value. Can I deduct the losses this year? — Alan

**A** In order to qualify for some tax deductions, what you do before Dec. 31 can determine if you get a tax refund or not. Investors should take stock of their investments, and rebalance their portfolio.

Generally, sale of non-registered shares at a loss can be used to reduce capital gains in the year — reducing your tax liability. Losses can be carried back three years to recover prior year taxes on gains.

There are stop-loss rules that may deny losses on some dispositions. An asset transfer from a non-registered account to an RRSP (registered account) can be executed by your broker and shares kept intact. However, stop-loss rules may apply and the loss for tax purposes may be denied under the circumstance. This is consistent with the sale of shares at a loss and repurchased within 30 days.

Henry Choo Chong, CGA, can be reached at [choochongchong@yahoo.ca](mailto:choochongchong@yahoo.ca) and 416-485-5225.

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Joe Mauer, left, became only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote yesterday. The Minnesota Twins star received 27 of 28 first-place votes. THE ASSOCIATED PRESS

**Mauer voted MVP**

# Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

## Sports in brief

**NFL** Browns coach Eric Mangini is questioning whether the Detroit Lions faked injuries to slow down Cleveland's no-huddle offence. Mangini, who bemoaned the final, chaotic seconds of Cleveland's 38-37 loss Sunday, noted the Lions had several players leave the field injured, only to return.

**TRACK** Germany's track and field association has restored a 1936 high jump record to Gretel Bergmann who was stripped of the recognition and banned from that year's Berlin Olympic Games by the Nazis because she was Jewish. The association said in a statement that the gesture "can in no way make up" for the past but was "an act of justice and a symbolic gesture."

**CFL** There was a sea of green at Regina's city hall as hundreds of Saskatchewan Roughriders fans gave the team a loud sendoff to face the Montreal Alouettes in the Grey Cup game on Sunday. The Saskatchewan players are expected to leave today for Calgary to prepare for the big game.

METRO NEWS SERVICES



## Slice to make UFC debut

Heavyweight Kimbo Slice will make his live UFC debut Dec. 5 on the Season 10 finale of The Ultimate Fighter, Spike TV confirmed yesterday. The TV network said Slice's opponent in Las Vegas will be named at a later date. There has been speculation that it could be hard-hitting light-heavyweight Houston Alexander.

THE ASSOCIATED PRESS

## Re-signing Reynolds is top priority

Stamps GM says bringing back free-agent running back is 'No. 1' on team's list

**Like the rest of his teammates, Joffrey Reynolds had to clean out his locker at McMahon Stadium to make room for the Saskatchewan Roughriders.**

Although Reynolds ran for a 17-yard touchdown to give Calgary a 10-0 lead in Sunday's West final at Mosaic Field in Regina, the Riders rebounded to beat

the Stamps 27-17 to earn a berth in next Sunday's Grey Cup against the Montreal Alouettes at McMahon Stadium.

A day after the season-ending setback, Reynolds faced questions about whether he'll return to play for the Stampeders next year.

"I really can't say right now," said Reynolds, who

**"I'd definitely love to be back."**

Joffrey Reynolds

has played the past six seasons with the Stamps after signing as a free agent in September of 2004. "As of right now, I'm done with my option year, so I'll be a

free agent whenever that starts in February."

Facing numerous off-season decisions in regards to player personnel, Calgary head coach and general manager John Hufnagel said none are bigger than re-signing Reynolds.

"Definitely, he's No. 1 on the list," Hufnagel said.

While no talks have tak-

en place between the two sides, Reynolds said he'd like to return for a seventh season in Calgary.

"I definitely feel comfortable here," said the five-foot-10, 216-pound all-star running back..

"This is the only team that I've played for in my career here. I'd definitely love to be back."

THE CANADIAN PRESS

### Flames Taking on the Ducks



## Soderling deals Nadal second loss in a row

**TENNIS** Rafael Nadal lost to Robin Soderling for the second straight time, falling 6-4, 6-4 yesterday in their opening round-robin match at the ATP World Tour Finals.

Soderling, who handed the Spaniard his first ever loss on clay at the French Open this year, powered his way through the Group B match by mixing a hard forehand with a solid backhand to keep Nadal run-

ning all over the hard court at the O2 Arena.

In the late match, Novak Djokovic rallied from a poor start to beat Nikolay Davydenko 3-6, 6-4, 7-5 and move a step closer to the semifinals of the season-ending tournament for the top eight players in the world.

Nadal can still advance, but likely needs to win his two remaining group matches. THE ASSOCIATED PRESS

### SCOREBOARD

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Ottawa 4 Washington 3 (OT)  
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**Stress-busting tip**

Get involved in intramural sports. Exercise is also a well-researched way to manage stress, and intramural sports bring together all different kinds of people on campus, from professors to students, staff, and administrators. [SIMPSON.EDU](#)

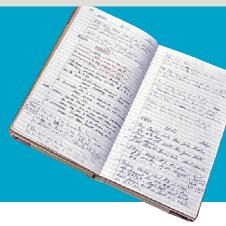
Continuing

# Education

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA



Online courses are growing rapidly across the country.

**Study tip**

If you're taking more than one class at a time, study difficult subjects and those you don't find very interesting first, when your energy level is higher. Don't put those off until it's midnight and you can only think about sleep.

[SIMPSON.EDU](#)

## E-learning on the rise

ROBYN YOUNG  
for Metro Canada

**Catering to adult learners with jobs, families and little time to spare, online courses in continuing education are growing rapidly across the country.**

"They're growing at a much faster rate than our traditional in-class courses," said Colin Simpson, dean of the Centre for Continuous Learning at Toronto's George Brown College.

At George Brown, enrollment in online courses is up about 10 per cent, year after year, and the e-learning milieu is attracting a whole new demographic of students, Simpson said. They're seeing students from ages 18 to 88, many of whom would never have

thought of going to college before.

Some of the most popular online courses at George Brown are those that provide technical training for people looking to upgrade their skills and become more competitive in the workplace.

On the west coast, at Vancouver Community College, the online courses with the biggest draw are those offering instructor training.

The Provincial Instructor Diploma Program is a basic instructor training course for college teachers, university teachers, corporate trainers and second language teachers.

And somewhat new to the course calendar but gaining in popularity is the Online Instruction certificate.

"It's a three-course certificate program and it's very intense," said Eva Murray, department head for the School of Instructor Education at Vancouver Community College.

Online learning creates a unique set of challenges, said Murray, including the need to build a sense of community among the students when there is no face-to-face contact.

The certificate teaches instructors how to use common e-learning software, design e-learning activities, supplement face-to-face courses and assess and evaluate e-learning.

Chris Appleton, e-learning specialist with the continuing education department at the University of Calgary, says the popularity of blended courses,

where part of the course is on campus and part is online, is skyrocketing.

"A lot of people like to interact with classmates," he said.

But they also like the convenience of working from home, on their own schedule and not attending classes every week.

Some of their most highly subscribed online courses include a Human Resource Management certificate, Teaching English as a Second Language certificate and an Educational Assistant certificate.

Overall, Appleton said, the university has experienced a 10 per cent growth in registration for online classes in the past year.

"The online is our major growth area right now," he said.

## Sustainability, retooling skills driving upsurge

RAFAEL BRUSILOW  
for Metro Canada

Sustainability and retooling the skills you already have to match market changes will continue to drive an upsurge in continuing education program enrolments, experts say.

Judith Plessis, executive director of continuing studies at the University of British Columbia, says the current market downturn has pushed holistic business practices and sustainability to the forefront of employers' minds.

"I think sustainability will drive a lot of business processes going forward. People realize that something's broken. If you're one of the people who are in charge, you've got to think through about sustainability and what fuelled this recession," Plessis said.

Skills are more important than ever, but Plessis says technology has forced even traditional skill sets to adapt and change in subtle ways. Whereas in the past a project manager might have done fine with "hard" skills learned exclusively in business school, today that same manager needs to have a profound knowledge of social networking, communica-



Continuing education students are looking to retool their skills, not just upgrade them.

cations technologies and job descriptions well beyond their own.

"To be able to be rehired, it's not just about upgrading, it's retooling your skills as well. It's not so much about the hard skills but also a very creative way of seeing soft changes. You have to understand the whole view of what technology has changed in the world and how it impacts your job," Plessis said.

Marilynn Booth, director at the University of Toronto School for Continuing Studies, says the popularity of continuing education courses has definitely surged throughout the country this year. Enrolments are up 15 per cent over last year in U of T's continuing studies programs alone, showing that

people are committed to strengthening their careers in this recession.

"When the economy gives people cause for worry, people take their ca-

reers into their own hands to position themselves for a stronger career. What we're seeing is continued growth across the board, particularly in our busi-

**"People realize that something's broken. If you're one of the people who are in charge, you've got to think through about sustainability and what fuelled this recession."**

Judith Plessis

ness and career-oriented courses," Booth said.

While in good economic times employers often foot the bill for extra studies, Booth says the tough economy has meant many new students are being forced to foot the bill themselves.

"Demand is high but we also see the available support from employers is less. Primarily our students are paying their own way," she said.

Booth said.

Booth says bio-technology, project management and credential-granting courses in general are seeking the highest increase in enrolments.

"Students are trying to find a pathway to employment and it's common sense that they're positioning themselves for greater things as they seek higher unemployment," she said.

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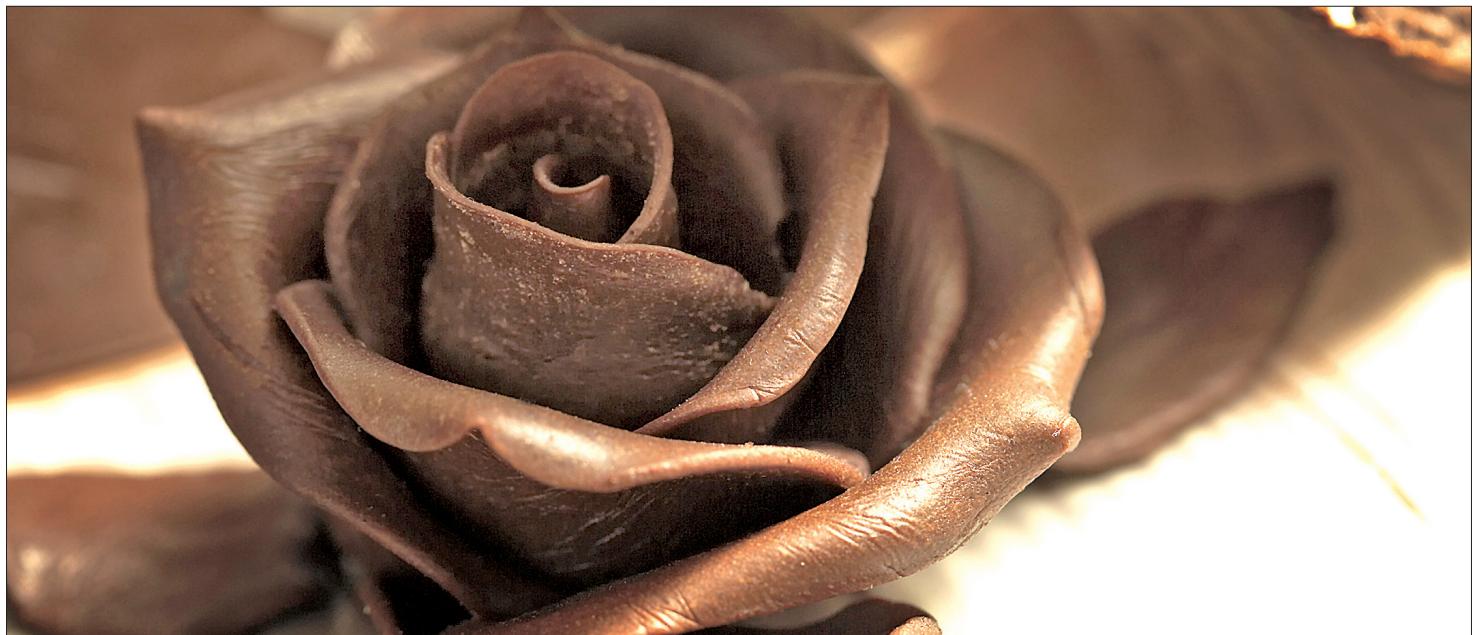
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## 20 continuing education

Study tip

Form a study group. Plan to meet before class, after class, or even on a different night to go over notes, assignments, and readings. Working together is not only a great way to learn — it's also a great way to gain support. [SIMPSON.EDU](#)



Students can learn about the history of chocolate, as well as how to temper it and make chocolates through various dipping and moulding methods at SAIT.

# Local culinary classes abound

**TANYA VLAHOV**  
for Metro Calgary



### Cooking doesn't have to be scary or difficult.

With so many options out there, Calgarians looking to learn basic or advanced skills to continue their education can have their pick.

When moving to Calgary from his parents' house in rural Alberta, former culinary student Anthony Matkovic says he was so used to having someone

cook for him, he needed to learn how to do it on his own.

"I was always used to eating spicy food, but had no idea how to make it taste good," he says. "Then, through a friend, I learned about a curry cooking class at SAIT."

He added that it didn't take a lot of time, and because evening classes were offered, it made learning convenient.

SAIT and the University of Calgary are two popular choices when it comes to

**"I mean really, who doesn't want to learn hands-on about chocolate?"** Lauren Bishop

culinary classes, which offer a range of cooking methods from introductions to cooking or visiting Calgary's various new restaurants, while situating yourself in a real dining experience.

The average person that attends most of the continuing educational classes at SAIT is between 35-45, but younger and older students

attend occasionally, said Lauren Bishop, earned revenue co-ordinator at SAIT.

One of SAIT's popular culinary courses teaches students how to bake using chocolate, she says.

"I mean really, who doesn't want to learn hands-on about chocolate?" she says.

Students will learn about the history, learn firsthand how to temper

chocolate, make chocolates through various dipping and moulding methods, and the basic decorating techniques.

"Students are exposed to working in a hands-on environment, so they get a real perspective, and even the true method to holding a knife, (which) they didn't realize before."

According to Patsy Knutson, the food and culture co-ordinator who has been with U of C since 1995, the most popular cooking class is What's New With Food.

This course takes students, along with Calgary's contributing editor for magazines like Avenue, visit new restaurant locations and explore trends within the dining industry.

At the end of each continuing educational culinary course, students are asked to fill out a survey and give their thoughts about the class they attend, said Bishop.

The response is a positive one 99.9 per cent of the time, and many people return, says Bishop.

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## Mount eyes blogging course

**CHRIS KELLY**  
for Metro Calgary

continuing education for Mount Royal.

Robbins first delved into the blogosphere and realized its revenue generating potential when she was laid up with a knee injury.

"As I began to see the mechanism behind it, I realized that it is structured like a business, which requires a large amount of marketing, and I have been working in business and marketing for years," she said.

Program applicants don't need to have many pre-requisites, though the ability and desire to write are important, says Robbins.

"The first thing we'll do is find a niche for the student, something that balances between their interests and something that will generate search engine results, and that is where the money comes in because you'll make money every time someone clicks on the ads in your blog."

Though Robbins warns making money through blogging is hard work.

"This is not passive income. It affords the possibility of working from home for very successful bloggers, but it isn't as easy as some online courses and websites would have you believe."



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# Balancing life, school a struggle

**LEYLA EMORY**  
for Metro Canada



**Rosemarie Clarke is "exhausted." But it's worth it, says the full-time registered nurse, wife and mother, choir director, committee member and, since fall of 2008, continuing education student.**

Balancing life and education is a struggle. The key is somewhere between the how and the why, says Sheilagh Kennett, head coach

at Career Coaches of Canada.

"If you understand the 'why' you can endure any 'how,'" she says, quoting motivational speaker Les Brown. "When you make the decision to go for it, post a picture of your goal and place it in an obvious place like in the bathroom where you brush your teeth or hang it on the rearview mirror of your car. You are the only person that can keep yourself motivated and positive."

## On the road to success

Below are some tips from Sheilagh Kennett, head coach at Career Coaches of Canada, on how to balance life and continuing education:

- Print a monthly paper calendar each month, use a colour marker, and put a letter for the most important component of the week you might forget and want to make a priority. Put the calendar right on the wall beside where you brush your teeth. It has to be in your

face everyday.

- Have a "sticky board." Make the top row the "to do" list for today or "as soon as possible". Use small stickies and reuse if there is room to write again. This way you have a way to literally plan, chart, write, see, remove when done, all the things you have identified as priorities.
- Do this by having a planning session with yourself once a

week. This "penciled in" time to organize and prioritize also gives you a feeling of control and order that seems easier to manage and lets you see the progress as the stickies come off.

- Be realistic with what there is time for and keep track of how "balanced" your time is each week so you can continue to re-vamp and improve your balance and your life.

But getting friends and family involved is also crucial. "Success in continuing education is realizing that it's a team effort," says Gervan Fearon, dean of The Chang School of Continuing Education at Ryerson.

"Ensure your family, friends and employer understand what your edu-

cational goals and aspirations are," Fearon says. "It becomes a shared partnership where the family understands that there may be certain times you may not be available."

By her second semester, Clarke realized she had to scale down on some of her other commitments.

"Whatever it's going to affect, be it extracurricular activities, or your home or job, tell the people ahead of time and let them know you're not giving up on them but you have this commitment and you need to plan around it," she says.

On nights when she's in class or working on assignments, Clarke's family knows they need to fend for themselves.

"If I had an essay due, I would come home and I would let everybody know: You guys are either going to have to cook for yourself or cook for me. I'll help



Getting friends, family and your employer involved in your education will help you to balance life, work and school, experts say.

you out when I can but you've got to give me my space."

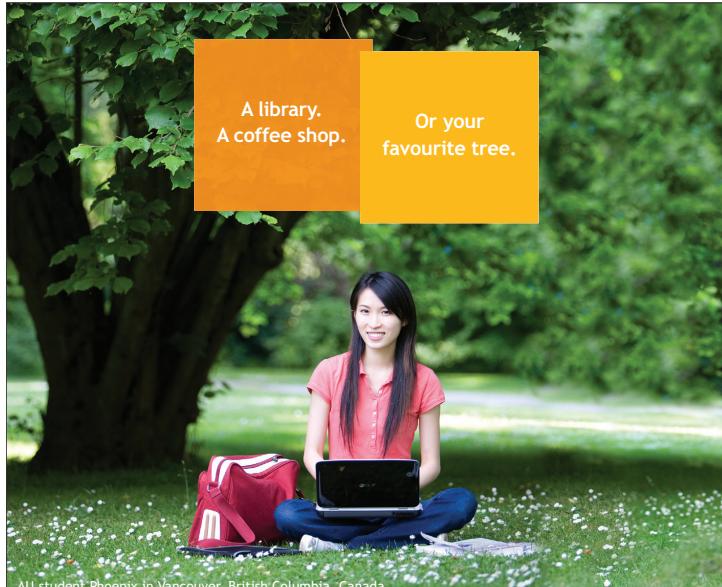
The sacrifices come with benefits.

"Education has so many parts to it," says Fearon. "Not only is it great in building career development and profession, it also provides life experiences and engagement with a group of people that

can become lifelong friends."

For Clarke, the how of getting her nursing degree with continuing education is worth the why.

"The biggest sacrifice is time for myself," she says. "Getting adequate sleep and stuff like that. But I tell myself I'm going to school for me, so it's also my reward."



AU student Phoenix in Vancouver, British Columbia, Canada

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# 24 health & beauty

## Party perfume etiquette

If as you're reading this on the way to the office you're choking on someone's too-strong, sexy perfume, your travel-neighbour is practicing poor perfume etiquette. According to Marian Bendeth, global fragrance expert and owner of a consulting business called Sixth Scents, there are a few rules to keep in mind when it comes to evening fragrance, especially this office-to-party time of year.

### Do not apply your evening scent before 9 a.m.:

"It's too powerful for office wear," says Bendeth. Instead, wear your everyday fragrance to work, then when prepping for after-five fun, use soap and water or a pre-packaged alcohol swab to remove it before putting on your evening selection. Alternatively, you might choose from a collection that has an eau de toilette version you can start with in

the morning, and touch up with a header, 'Intense' eau de parfum version of the same fragrance for night.

### Apply perfume before you get dressed:

"Hold the bottle six inches from your body and pump the atomizer just once," advises Bendeth. Spraying your clothes could damage the fabric, as well as result in an over-powering application.

### Think intimacy:

Fragrance is designed to be alluring, not to shout from the next room. "People further than an inch away from you shouldn't be able to smell your perfume," Bendeth says. If you're applying a lot because you can't smell it yourself anymore, it's time to switch up your scent, to introduce your nose to something else.

JANINE FALCON/  
FOR METRO CANADA

# A fitting fragrance

Scent expert Marian Bendeth connects perfume and personality

JANINE FALCON/  
FOR METRO CANADA

**When choosing perfume for yourself or as a gift for someone else, knowing your subject is key, says global fragrance expert Marian Bendeth, owner of Sixth Scents.**

Bendeth specializes in creating signature fragrance wardrobes by matching personalities to perfumes, an approach her experience has shown also corresponds to body chemistry. Nifty, yes? Here's her take on seven scents worth giving:

- Chloé Intense, the most sensual of the Chloé scent range, is a floral oriental fragrance of rose, pink pepper and sandalwood. Bendeth pegs this for "a warm-hearted woman, worldly yet maternal, with a sunny nature and down-to-earth values." 50 ml, \$90 at drug and department stores as well as Murale.

- Eau Mega from designers Viktor & Rolf is a fresh green floral, with violet leaf, basil and pear, as well as invigorating lemon and aquatic notes. Bendeth

profiles this wearer as understated and relaxed, yet detail-oriented and thorough. 50 ml, \$90 at The Bay.

- Féerie by Van Cleef & Arpels is a fanciful floral woody scent that beckons with violet, blackcurrant, Bulgarian rose and Egyptian jasmine. Bendeth characterizes this personality as exciting, highly creative and larger than life. "Constantly busy, she creates her own magic — she's a woman a man has to keep up with," she says. 50 ml, \$145 at Murale, The Bay and Holt Renfrew.

- Idole d'Armani is a sparkling floral with a hint of spice, sophisticated and glamorous, without being overpowering. "The woman who wears this is self-assured and intuitive," says Bendeth. "She's a multi-tasker who loves to delegate and knows how to get things done." 30 ml, \$60 at department stores.

- Idylle is an ultra-feminine floral by Guerlain, lush with rose, lily of the valley, peony, freesia, jasmine and lilac. Youthful

and chic, it's a delightfully romantic fragrance (read: perfect for weddings) for the "savvy sophisticate who seeks out quality at every turn," notes Bendeth. 35 ml, \$82 at Guerlain boutiques and department stores.

- Lola Marc Jacobs, a warm floral with fruity topnotes, a peony heart, and a vanilla and musk drydown, is for the quirky, upbeat girl with a great sense of fun, says Bendeth. "She's youthful, artistic and into fashion." 50 ml, \$79 at drug and department stores, Sephora.

- Tom Ford White Suede spins on a light modern musk, blended with smooth suede, leather, rose and amber. A unisex fragrance, it appeals to "a confident, laid-back trendspotter, a woman with a phenomenal, eclectic yet simple sense of

From left, Chloé Intense, Eau Mega by Viktor & Rolf, Lola by Marc Jacobs and Féerie by Van Cleef & Arpels



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ADVERTISING FEATURE

## GET YOUR WINTER SKIN PRIMED FOR HOLIDAY PARTY SEASON



Dr. Kucy Pon

It's here! We still haven't finished eating all of our leftover Halloween candies but the holiday season is fully upon us. Stores are piping through songs of good cheer, malls are getting busy with anxious shoppers and

kiddies are making their wish lists. It may be the most wonderful time of the year, but it's also the busiest what with all the gifts to purchase, homes to decorate, swish parties to attend, and whoops, winter skin to reveal.

That's right, summer may be a distant memory but the festive season gives us a chance to show off our skin in shoulder-baring dresses, cocktail attire and even strappy sandals with bare feet. A big change from the sweaters, puffy jackets and boots we've been donning so far.

The holiday season falls smack in the middle of Canadian winter so our skin is already dealing with the double assault of frigid temperatures and harsh, dry winter air outside and artificial heat inside. Add to that a steady diet of cocktails and rich food and the stress of the season can start to show up in our skin as well.

### IMMERSE YOURSELF IN A SKIN CARE REGIMEN

"By the time the holidays come around, we should already be well-immersed in a winter skin regimen that includes exfoliation and extra moisturization," says Dr. Kucy Pon, dermatologist and special consultant to Olay. "That way, you can help prepare skin's defenses for the stress of the season in advance."

What's that? You're just getting around to your winter skin regimen? No worries! Although it's a busy time, Dr. Pon likes to remind people that the holidays are also a time for pampering and treating ourselves: "It's a great time to give yourself a gift in the form of a special at-home skin care treatment or in-shower body treat," she says. But it's also important to keep your skin hydrated."

This includes using a good moisturizing lotion to keep dry skin at bay. According to Dr. Pon, "External elements such as cold temperatures and indoor heat can dehydrate the skin and wash away essential oils. A moisturizer performs several important functions including enabling lost water to be replaced and keeping it in the skin by the humectants it contains. A moisturizer also has an immediate effect in terms of making surface skin feel better," she adds.

### BREAK THE CYCLE OF DRY WINTER SKIN

This holiday season give your skin the clinical

'Get your winter skin primed for the holiday party season, and break the cycle of dry winter skin'

treatment it deserves with new Olay Quench Advanced Relief Body Lotion. Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, Vitamin E and Niacinamide, Quench Advanced Relief is non-greasy and fragrance-free.

### Keep Your Holiday Glow All Season

Dr. Kucy Pon, dermatologist and special consultant to Olay shares these five tips for glowing holiday skin:

#### 1. EXFOLIATE

Before hitting holiday parties, help remove dead skin cells off the face and body for a fresher, younger look.

#### 2. GROW YOUR GLOW

Start using a gradual sunless-tanning product a couple of weeks before your big events. They help provide increased colour each day for a natural look.

#### 3. MOISTURIZE

Take time to moisturize, especially areas that have been covered up for a couple of months like arms, elbows and legs. Time saving tip: Use a moisturizing body wash in the shower.

#### 4. DRINK LOTS OF WATER

Staying hydrated will help fight the double-whammy of late nights and alcohol.

#### 5. TAKE IT ALL OFF

We tend to wear more makeup during the holidays. When you're tired, a facial cleansing cloth makes quick work of this late night task. Keep some in your purse if you plan to refresh your makeup between work and parties.

# OLAY®

Preheating a baking sheet helps make a crispy pizza crust. Use a pizza stone instead if you have one. If you have perforated pizza pans, you don't need the hot baking sheet. THE CANADIAN PRESS

# Food

**A new "kid-friendly" symbol appears on 12 of the 27 recipes featured in the 2010 Milk Calendar.**

THE CANADIAN PRESS



## Free recipes

View the 2010 Milk Calendar online at [MyMilkCalendar.ca](#). All 27 new recipes (including the Presto Pizza, pictured left) and video cooking demonstrations of the 13 monthly recipes will also be available.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

### LiquidAssets

Peter Rockwell



### A comeback...

Even though we won't be saying adiós to the first decade of the 21st century for a few weeks, I believe it's never too early to reminisce — especially when so much has changed across the liquor landscape.

Back in the good old days of 2000, wine's wave of popularity was tsunami-sized with Australia hanging 10 and South Africa finally up on its board after some bumpy post-apartheid years. Ten years later both countries are treading water as easy-drinking, cheaper juice from South America floods store shelves.

From South Africa comes Boekenhoutskloof's **The Wolftrap 2008** (\$13.95 - \$14.99): A union of two red grapes (syrah and mourvèdre) and one white (viognier) that's packed with soft smoky, meaty aromas and balanced flavours of cherry, chocolate and black pepper.

Nugan Estate's **2007 Cookoothama Chardonnay** (\$12.99 - \$15.99) is a lightly oaked Aussie white with bright, tropical fruit and a hint of herbal spice that, like The Wolftrap, would make nice with next month's big holiday feast.



### Personal Gourmet recipe of the month

ROSE REISMAN

## Diabetes-friendly fare

**November is Diabetes Month. There are three million people living with Diabetes Type 2 in Canada and those numbers are rising quickly.**

Children and teenagers are also getting this serious disease, due to unhealthy eating and sedentary lifestyles. Did you know that you could prevent or reduce the risk by as much as 60 per cent if you just ate a healthier diet and introduced exercise to your life? It's that easy.

Here are some diabetic-friendly recipes to get you started. It's no longer about cutting out certain foods, but eating them in moderation and balancing them throughout your day.

#### Rose's lower fat Philadelphia cheese steak

Philly steaks, grilled thin steak topped with loads of cooked vegetables and cheese, are all the rage now in Canada. Naturally they originated in Philadelphia.

**MAKES 8 HALF SANDWICHES**

#### INGREDIENTS:

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 tsp crushed garlic
- 2 tsp brown sugar
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 cup sliced red bell pepper
- 1 cup sliced green bell pepper
- 8 oz grilling steak
- 2 oz grated provolone or Gruyère cheese (3/4 cup)
- 2 Tbsp lower-fat mayonnaise



Miniature New York-style cheesecakes.

- 3 Tbsp lower-fat sour cream
- 2 tsp grated horseradish
- 4 small whole wheat rolls (6-inch)

#### METHOD:

Preheat oven to 425°F. Line a baking sheet with aluminum foil.

1. In a large non-stick skillet sprayed with vegetable spray, heat the oil then add the onions. Sauté for 8 minutes on medium heat. Add the garlic, brown sugar, salt, pepper and bell peppers. Sauté for another 5 minutes. Keep warm.

2. In a hot non-stick grill or skillet sprayed with vegetable spray, cook the steak just until done to your preference. Cool for 5 minutes then slice thinly. Add to the vegetable mixture.

3. Combine the mayonnaise, sour cream and horseradish. Spread thinly



Rose's lower fat Philadelphia cheese steak.

over both sides of the rolls. Divide the mixture between 4 rolls, sprinkle with cheese and replace the top half of the bun. Slice in half. Bake for 5 minutes.

#### Miniature New York-style cheesecakes

These petite cheesecakes are perfect for one serving and leave none to go to waste. They use Splenda not sugar, so they are diabetic-friendly. Feel free to substitute sugar if you wish. They can also be served sooner than a regular sized cheesecake, since they don't need

the same amount of time to chill. Always be sure to bake the cheesecakes in a water bath — a pan filled with water — to keep them moist and to prevent them from sinking in the middle. Serve with fresh berries or a fruit-based dessert sauce. I often like to serve these with a drizzle of melted fruit sorbet, such as mango or raspberry.

**SERVES 12**

#### INGREDIENTS:

- 1 3/4 cups smooth 5% ricotta cheese
- 3 oz lower-fat cream cheese, softened

- 1/2 cup lower-fat sour cream
- 1 large egg
- 1 tsp pure vanilla extract
- 2 Tbsp freshly squeezed lemon juice
- 1 tsp lemon zest
- 3 Tbsp all-purpose flour
- 2/3 cup Splenda

#### Garnish

- Berries
- Icing sugar

#### METHOD:

Preheat oven to 350°F. Line a 12-cup muffin tin with paper muffin liners.

1. In a food processor, combine both cheeses, the sour cream, egg, vanilla, lemon juice, lemon zest, flour and Splenda and process until smooth and creamy. Divide the mixture among the prepared muffin cups.

2. Set the muffin tin in a larger pan or baking sheet with sides. Pour enough hot water into the pan to come one-third to halfway up the sides of the muffin cups.

3. Bake in the centre of the oven for 20 minutes.

4. Remove the muffin tin from its water bath. Let the tin cool on a wire rack. Chill for one hour. Garnish with berries and icing sugar.

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**Jackson hitches ride on UFO**

Joshua Jackson will head up the cast of the Robert Evans-produced film adaptation of the TV show *UFO*. Jackson will play Paul Foster, a test pilot who joins a secret organization based beneath a film studio and dedicated to fighting aliens. [EMPIRE ONLINE.COM](#)

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## The king of comedy

Director Judd Apatow gets personal with Funny People

**PHIL BROWN**  
for Metro Canada

**Whether examining 40-year-old virgins, high school freaks and geeks, or neurotic comedians, writer/director Judd Apatow has proven himself to be a rare commodity in Hollywood: A comedy auteur with a personal vision that translates into box office success.**

Over the last few years, Apatow has climbed to the peak of Hollywood comedy with films like *Knocked Up* that are as touchingly honest as they are gut-burstingly hilarious.

He has seduced audiences with his patented combina-

tion of dirty jokes and personal confession and Apatow's latest movie just might be his most personal project yet.

"I always wanted to do a movie about comedy because there are almost no movies about what it's like to be a comedian that work well," Apatow told Metro. This desire led to *Funny People* starring Seth Rogen as struggling standup comedian who is taken under the wing of an abusive comedy superstar played by Adam Sandler.

It's a very personal story derived from Apatow's early years as a standup and his longtime friendship with Sandler.

Apatow has been plan-

ning the project for years and the director quips that it may have run his tank dry: "I like making movies where I reveal myself and share my life experience, but I may be out of life experience at this point. So, the next movie might be about an Eskimo. That might be all I've got."

As with all of the director's work, *Funny People* comes to DVD with an extended cut of the movie along with hours of deleted scenes and outtakes.

"I always tell the studio if they let me overshoot, there will be great stuff for the DVD," admits Apatow, who

enjoys sharing extra material with home audiences. "You don't want to ruin the movie, but it is a different experience at home. You can pause when you have to go to the bathroom and don't mind that it goes a little bit longer."

With the bladder-busting constraints of the theater gone on DVD, audiences will get a chance to see even more of Apatow and his talented band of comic actors at work.

Recently Apatow has seen his stable of comedic actors like Seth Rogen, Paul Rudd, and Jason Segel become huge stars and while he en-



### Acting honour

Rachel Weisz took top acting honours and Ian McKellen was recognized for a half-century in the theatre Monday at London's Evening Standard Theatre Awards.

THE ASSOCIATED PRESS



Judd Apatow's latest movie *Funny People* — now on DVD — stars Seth Rogen as a struggling standup comedian who is taken under the wing of an abusive comedy star played by Adam Sandler.

joys their success, he admits that their collective fame might put an end to the ensemble.

"People grow up and

want to do other things," admits the director. "But I hope that periodically we'll all get the chance to keep working together."

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# 28 entertainment

## Entertainment in brief

**HIGH SCHOOL MUSICAL** Disney is recreating its hit franchise film High School Musical in the East as it turns its attention to the millions of teenagers in the

massive China market. The film will be shot in Shanghai and is scheduled for a summer 2010 release, Disney said.

THE ASSOCIATED PRESS

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family	411	457	44 OLN	Survivorman	Ghost Hunters International	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters		
	417	405	48 SPEED	Super Bikes!	Jacket!	Jacket!	Pass Time	Pass Time	Monster Jam (HDTV)	Super Bikes!	
	552	543	20 YTV	iCarly	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family BIZ
	557	541	39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Oversigned!	Han. Montana	Wizards-Place	Latest Buzz
	555	545	67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	575	583	11 CMT	According-Jim	Home Improve.	Home Improve.	Wilson's	Wilson's	Reba	Reba	According-Jim
	553	546	17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Hi Ho, Kai-Lan
	505	398	19 TWIN	(5) EarthWatch One	EarthWatch One		EarthWatch Two				Go, Diego, Go!
	600	568	23 W	House-Sell	Confidential	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury
	524	560	24 TLC	18 Kids-Count	Little Couple	Little Couple	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Good Naked
sports	603	561	25 FOOD	The F Word (N)	Good Eats	Good Eats	Iron Chef America	Unwrapped	Unwrapped	The F Word	
	615	520	26 A&E	Hoarders "Patty, Bill"	Hoarders	Tara: Betty'	Hoarders (HDTV)	(10:01) Criminal Minds	Hoarders		
	617	522	32 SHOW	Trailer Park	The Outer Limits	The Perfect Assistant (2008, Drama)	Rachel Hunter.			Bones	
	601	562	33 SLICE	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	What Happen?	The Biggest Loser	Celebrity Para.	
	-	633	34 ENC2	Players	(7:25) Geraldine's Fortune (2004, Comedy)	ET Canada	What Happen?	The Biggest Loser	(10:45) Notting Hill (1999)		
	520	505	35 DISC	Destroyed	Destroyed	Time Warp (N)	Daily Planet	Destroyed	Destroyed	Time Warp	
	620	523	36 BRAVO	Bruce Cockburn	Cantata for the King	Law & Order		Without a Trace	Me Myself I		
	294	650	40 WPCH	Law & Order: SVU	Sister Act ** (1992, Musical Comedy)	Maggie Smith					
	624	547	41 COM	Just for Laughs	Air Force	22 Minutes	Cornel Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	-	539	42 TCM	The Big Clock (7:45) Taxi! ** (1932, Drama)			Dark Passage *** (1947, Mystery)	(DVS)			Meet-Blaeke
cable variety	628	584	43 SPIKE	Super Dave	Ultimate Knockouts 5	Super Dave	UFC Unleashed	Prisoners Out of Control	CSI: Crime Scn		
	522	516	45 HIST	Ultimate Engineering	Ancient Discoveries		Cities of the Underworld	Cities of the Underworld	Engineering		
	627	528	46 SPACE	Medium (HDTV) (N)	Fringe "August" (N)	InnerSpace (N)	Stargate SG-1 "1969"	Star Trek: Next Gener.			
	-	- 47 AMC	(6) The Matrix *** (1999, Science Fiction)			Demonition Man ** (1993, Science Fiction)	Sylvester Stallone, Wesley Snipes.				
	619	525	49 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits	ET Canada	Switch	Family Guy
	600	564	50 HGTV	Pure Design	Genevieve	House Hunters	House Hunters	Holmes on Homes	HGTV's Top 10	Design Inc.	Pure Design
	501	591	52 CTV	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News		
	504	508	52 BNN	Squeeze Play	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	
	526	507	52 VIVA	The Closer "Slippin"	Cold Case	Psychic Inv.	Encounters	Judging Amy	Missing		
	269	350	53 ARTN	Fish Out of Water	Mixed Blessing	Cashing In	Rabbit Fall	The Time Traveler	Blackstone "Pilot" (N)	Short Cuts	
	-	- 94 MCP	World News	News	Sewing Maid	Boys Over Flo	Il Caffe	In Germany	Euromaxx	Schauplatz	
	571	581	50 MMM	I Want to Work for Diddy	Entourage	Wild 'n Out	mmtop10.ca	I Want to Work for Diddy	Entourage		
	570	580	51 MM	disBAND	Video on Trial	MuchNews	My Date With... One Tree Hill	disBAND	Video on Trial	MuchNews	
	581	566	52 MTV	The City	The Hills	The Hills	After	MTV Live	Sex, News-Roll	The City	The City
	-	- 116 TV5	(6) Pékin express	Avenir	Hors série	TV5 Le Journal	Panique dans l'oreillette				

Michael J. Fox surprised fans at a Parkinson's Disease event on Saturday by performing alongside rockers Steven Tyler and Elvis Costello. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# Michael Jackson's final Opus

New book takes a look at who the man behind the music was

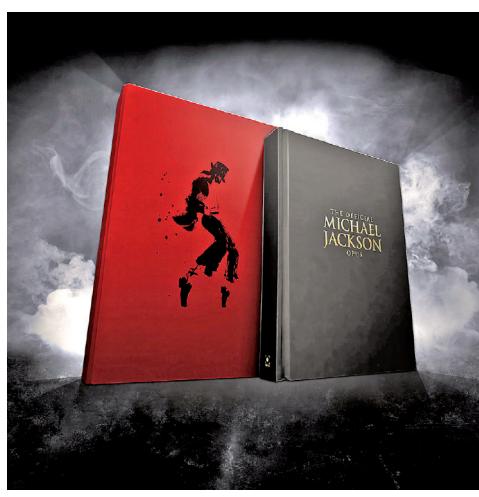
**Artist Nate Giorgio recalls the last time he saw Michael Jackson, just days before the singer's death.**

The pop icon wanted Giorgio to create dazzling murals of his children as well as artwork for his This Is It concerts, and Giorgio got out his pen during their talks.

"I was doing little drawings on the spot of him, and he loved it," says Giorgio of his black-and-white sketches. "He was great, he was really excited."

Those never-before seen sketches, as well as other rare artwork and photos of Jackson, are now part of a lavish new leather-bound book, The Official Michael Jackson OPUS, out Dec. 7.

The book, the only publication officially sanctioned by Jackson's estate, not only contains unseen images of perhaps the world's most famous face, it also has essays about the superstar written by friends and those who worked with Jackson over the years, from Motown founder Berry Gordy and Paula Abdul to John Landis and



The Official Michael Jackson OPUS will be released Dec. 7.

David Blaine.

While many Jackson books have been printed since Jackson's June 25 death at age 50, Jeff Wald, president of OPUS Media Group, which published the book, says his stands out.

He and his team decided "this would not be a red

carpet sound bite kind of a book," he says. "It wasn't about, 'Yeah, he's a great singer, a great dancer.' It was much more in depth about the human being that he was."

To that end, OPUS executive vice-president Jordan Sommers elicited essays that weren't quite tributes, but personal reflections. Some talk about Jackson the jokester; others recall his artistic genius; still others reflect on his friendship.

"There's a lot of information from the book that comes directly from sources that will clear up a lot of misconceptions," he says. "There are stories told directly from the likes of Smokey Robinson (and others) that they've never told before."

The photos, some of which were provided by friends like Gordy, range from Jackson's childhood to his many transformations as an adult.

THE ASSOCIATED PRESS

## critics' corner

### NCIS

Gibbs and his team are forced to put their Thanksgiving plans on hold after the horrific death of a Marine leads them to a government think tank that employs child prodigies, where a 12-year-old might be the killer's next target in the new episode "Child's Play"; Michael Weatherly and Sean Murray also star. 9 PM on CICT KREM

### Being Erica

Alicia (Juliana Margulies) must navigate carefully through the minefield of office politics when she's assigned to represent a partner in the firm on a charge of driving under the influence. Meanwhile, she starts to question whether Peter (Chris Noth) is guilty of corruption. Archie Panjabi and Josh Charles also star in this new episode. 8 PM on CICT; 11 PM on KREM

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**J'Low' hits the ground at AMAs**

Jennifer Lopez took a spill during her performance at Sunday's 2009 American Music Awards. While performing her new song Louboutins, she climbed a stair of dancers and jumped off — landing on her butt instead of her feet. [POPEATER.COM](#)

**entertainment 29****Lambert blasts his AMA critics**

**A KISS IS JUST A KISS?** Adam Lambert is making no apologies for his racy performance during Sunday's American Music Awards, usmagazine.com reports.

While closing the show with his new single For Your Entertainment, the American Idol alum, 27, simulated fellatio with a male dancer, kissed straight male keyboardist Tommy Ratliff, grabbed his crotch and flipped off the crowd.

(According to Rolling Stone, Lambert didn't clear

the kiss with anyone in advance; he told CNN the smooch happened "in the moment.")

His performance was edited for the west coast feed of the awards show.

"You know honestly, if I

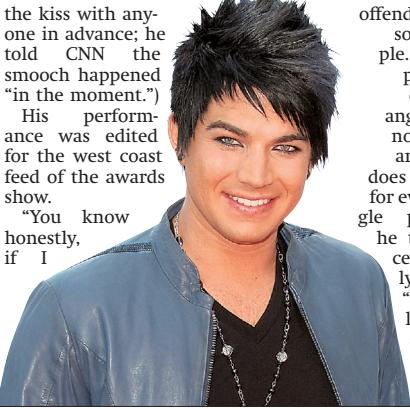
offended some people... it's apples and oranges. I'm not an artist that does things for every single person," he told Access Hollywood. "I believe in artistic free-

dom and expression, I believe in honoring the lyrics of a song, and those lyrics aren't really for everybody either."

He also said he considered editing his performance "discrimination."

"There's a big double standard, female pop artists have been doing things provocative like that for years, and the fact that I'm a male, and I'll be edited and discriminated against could be a problem," he explained.

METRO NEWS SERVICES

**Are Brangelina adding to their family brood?**

**THE BRANGIE BUNCH** Rumors have been circulating that Brad Pitt and Angelina Jolie are planning to expand their family with another adoption, possibly from Syria or Jordan. Now the famous parents are only helping fuel speculation.

The pair hit the Los Angeles Museum of Contemporary Art last week, where Jolie said, "I'm al-

ways thinking about it. I would love to," when asked about adopting another child, according to Hello magazine. Brad even chimed in, adding, "Yeah, you never know."

METRO WORLD NEWS

**Celebrity tweets**

John Mayer is looking to the future, Demi Moore is sick of all the talk about her W cover photo, John McCain is gearing up for battle, and Kirstie Alley will be with you in a moment.



- @johncmayer I'm the George W. Bush of love: I may not have anything to show for myself now, but history will prove me a hero.

- @mrskutcher U know what is obscene is U judging what is my actual shape!

- @SenJohnMcCain getting ready to vote on the "health care reform bill" at 8pm. D's have the votes but the fight is just begun.

- @kirstiealley Just pulled up to starbucks. So sorry. Please hold on.

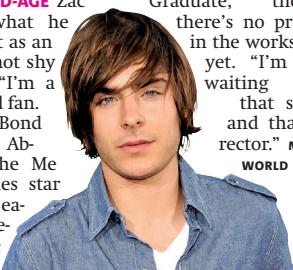


METRO WORLD NEWS

**Efron sets sights on 007**

**DREAMS OF BOND-AGE** Zac Efron knows what he wants to do next as an actor, and he's not shy about sharing. "I'm a huge James Bond fan. I'd love to be a Bond baddie," he tells Absolute Radio. The Me and Orson Welles star also admits he's eager to star in a remake of The Graduate,

though there's no project in the works just yet. "I'm still waiting for that script and that director." METRO WORLD NEWS

**Winehouse set to remarry ex?**

**BACK TO BLAKE** Amy Winehouse and Blake Fielder-Civil are reportedly planning on tying the knot again in three months. Winehouse stepped out Friday wearing what looked like an engagement

ring, and now Fielder-Civil is spilling the beans about the plans, according to News of the World.

"We both know we've only ever been divorced on paper," he told a pal.

METRO WORLD NEWS

**Miley's birthday bash a blast from the past**

**PARTY IN THE U.S.A.** Miley Cyrus turned 17 yesterday, and she reportedly celebrated last week with a surprise '80s-themed party at New York City's Canal Room that featured a performance by the cast of the Broadway show Rock of

Ages and an elaborate cake designed by Buddy Valastro, the star of TLC's Cake Boss, according to People magazine. "They didn't want a girly girl cake," Valastro tells the magazine. For the party, Cyrus reportedly



METRO WORLD NEWS

**Mayer decries dating woes**

**YOU SHOULD HEAR HOW THE WOMEN DESCRIBE IT** John Mayer admits that all the attention he's gotten from the media since he's become a successful musician has made dating more difficult.

"It's crazy to me that in my head, that being 32

and dating women is going to get me in trouble," he tells the New York Times.

"I can't even explain to you how terrible that feels, that I equate dating a woman with punishment, shame, guilt, disappointment, reproach, reprimand, persecution."

"It's a nightmare."

METRO WORLD NEWS

**'No furniture' for Allen's new digs**

**EMPTY NEST** Though newly minted American Idol winner Kris Allen is basking in the joy of releasing his self-titled debut, there is one thing missing in his life, people.com reports.

"Furniture," the singer, who just moved into a new home in Los Angeles with wife Katy, told People at the American Music Awards on Sunday.

METRO WORLD NEWS



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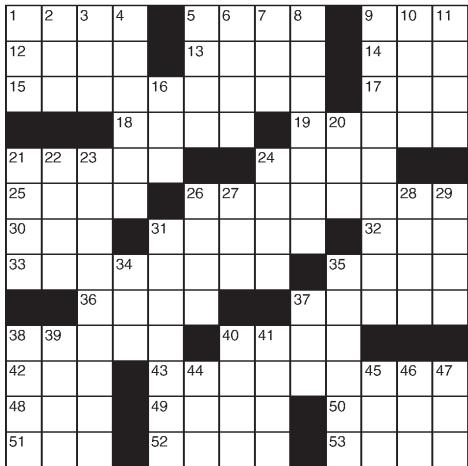


Today  
Cloudy  
xx °C / xx °C

Wednesday  
Mainly sunny  
6 °C / -6 °C

Thursday  
Sunny  
8 °C / -3 °C

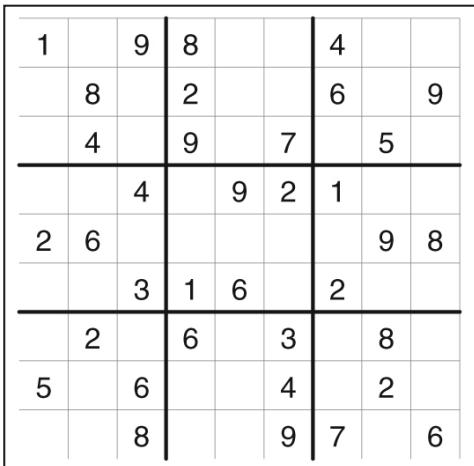
## Take Five



## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



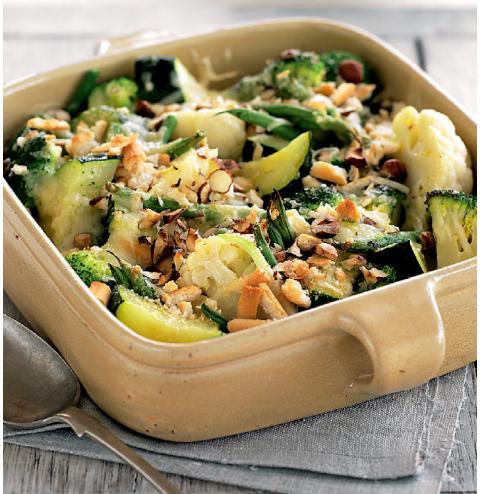
1 Apartment  
5 Uppercase letters  
9 Skirt edge  
12 Soda pop favorite  
13 Chills and fever  
14 Eggs  
15 Small storage space  
17 Morsel  
18 Monarch  
19 Black fur  
21 Frequently  
24 Grant of Hollywood  
25 Heavy cart  
26 Just looking  
30 Brylcreem quantity  
31 Rosary components  
32 Vast expanse  
33 Writ to appear in court  
35 Celebrity  
36 Part of MYOB  
37 Failing the white-glove test  
38 Bygone AMC car  
40 Complain re-

peatedly  
42 Greek H  
43 Hair holders  
48 Kitchen item  
49 Hersherish of baseball fame  
50 Appearance  
51 Type squares  
52 – a soul (nobody)  
53 A deadly sin  
1 Radio watchdog

## DOWN

20 “—Poetica”  
21 Tote-board info  
22 Herr’s spouse  
23 Toms’ companions  
24 Last several notes  
26 Tailgate party essential  
27 Skedaddled  
28 Spruced up  
29 Oldman or Sinise  
31 Kentucky potable  
34 “The Raven” writer  
35 Limber  
37 Parched  
38 Cartoon skunk Le Pew  
39 Tiny bit  
40 Trucker with a radio  
41 With skill  
44 “... man — mouse?”  
45 Charged particle  
46 Thanksgiving time (Abbr.)  
47 Firmament

## Metro Recipe of the Day



## Chunky Vegetable Fricassee

## INGREDIENTS:

1 1/2-lb (750 g) bag prepared fresh or frozen mixed vegetables  
1/4 lb (125 g) mature cheddar cheese, grated  
1 cup (125 ml) sour cream  
2 eggs, beaten  
4 bread sticks, crushed  
2 tbsp (25 ml) chopped hazelnuts

## METHOD:

1. Preheat oven to 425 F (220 C). Add vegetables to pot of boiling water, bring back to boil and cook 3 minutes or until just tender (or use steamer if you prefer). Drain.

2. Reserve 2 tbsp (25 ml) cheese for topping and stir

remainder into sour cream. Mix in eggs. Season to taste with ground black pepper. Mix in cooked vegetables, then transfer to warm, greased, shallow ovenproof dish.

3. Mix bread sticks with reserved grated cheese and chopped nuts, then scatter over vegetables.

4. Bake on top shelf of oven 12-15 minutes or until golden and slightly puffed.

## SERVES 4

## rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

JUDO	R E V	U R S A
IRON	W A R E	N E A R
MIS	T A K E N	C A R E
I R E	U T O P I A	
S L U M P	T S A R	
H O S E	T H I C K E N	
H U E	K A R A T	M O P
D R U N K E N	S I T E	
V I E W	O T T E R	
M A P U T O	C U R	
A W O L	F O R S A K E N	
N A P A	F R E E P O R T	
E Y E S	S E W S I G H	

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## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

## ARIES

MARCH 21-APRIL 20



Your confidence is on the rise, but it will rise even more if you resolve not to get anxious about developments on the work front.

## LIBRA

SEPT 23-OCT 23



Your mind is having to deal with so many issues at the moment that it's no wonder you feel a bit confused.

## TAURUS

APRIL 21-MAY 21



A parting of the ways may be necessary today, but don't get too emotional about it because it is only a temporary split.

## SCORPIO

OCT 24-NOV 22



Something you have been planning is going to cost more than you expected but you won't know how much more until the turn of the month.

## GEMINI

MAY 22-JUNE 21



You may be tempted to take things easy, especially if you have been pushing yourself hard. You are advised to keep the momentum going a bit longer.

## SAGITTARIUS

NOV 23-DEC 21



The Sun in your sign links with Saturn, planet of limitation, today. If you understand that you need a bit more discipline it could be a very good thing.

## CANCER

JUNE 22-JULY 22



New tasks and responsibilities may be eating into your time and making it harder to enjoy yourself but that's not necessarily a bad thing.

## CAPRICORN

DEC 22-JAN 20



You seem rather unsure of yourself at the moment, especially on the work front where you are beginning to have doubts.

## LEO

JULY 23-AUG 22

## VIRGO

AUG 24-SEPT 22



There is a great deal of excitement in the air at the moment and you can sense that life is going to be a lot more fun over the next few weeks.

## AQUARIUS

JAN 21-FEB 18

## PISCES

FEB 19-MARCH 20



Others are pressuring you to commit yourself to something you are not entirely sure is what you want to be doing.

## This day in history

**1859:** Charles Darwin publishes *On the Origin of Species*.

**1963:** Lee Harvey Oswald is fatally shot by Jack Ruby in the basement of Dallas police department headquarters. The shooting is broadcast live on television.

**1966:** New York City experiences the smoggiest day in the city's history.

**1974:** Donald Johanson and Tom Gray discover the complete Australopithecus afarensis skeleton, nicknamed "Lucy" after The Beatles song Lucy in the Sky with Diamonds, in the Awash Valley of Ethiopia's Afar Depression.

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(including service charges): \$218

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**\$939**

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(including service charges): \$250

**Gran Bahía Príncipe  
Jamaica • 4 1/2 ★**  
All-Inclusive • Junior suite  
Jan. 4, 11, 18 & 25 • 1 wk.

  
**\$1399**

+Taxes & other fees  
(including service charges): \$270

**Punta Cana**  
Gran Bahía Príncipe  
Punta Cana • 5 ★  
All-Inclusive • Junior suite  
Dec. 22 & 29 • 1 wk.

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(including service charges): \$304

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